

Zimowe Mistrzostwa Województwa Łódzkiego pod patronatem Burmistrza Rawy Mazowieckiej  
Rawa Mazowiecka, 4- - 5-2-2017

Konkurencja 12  
2017-02-04 - 13:15

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	Kłosi ski Alan		00	MKS Jedyńka Łód				<b>4:33.38</b>	639
	50m:	28.30 28.30	150m:	1:37.97 36.32	250m:	2:51.98 38.22	350m:	4:02.59 32.82	
	100m:	1:01.65 33.35	200m:	2:13.76 35.79	300m:	3:29.77 37.79	400m:	4:33.38 30.79	
2.	Karwat Krzysztof		96	Azs Uł Pł				<b>4:36.49</b>	617
	50m:	27.58 27.58	150m:	1:33.60 34.30	250m:	2:47.63 40.37	350m:	4:03.61 33.99	
	100m:	59.30 31.72	200m:	2:07.26 33.66	300m:	3:29.62 41.99	400m:	4:36.49 32.88	
3.	Ja kiewicz Adrian		02	IUKS Muszelka Warszawa				<b>4:41.93</b>	582
	50m:	29.58 29.58	150m:	1:39.64 36.48	250m:	2:57.08 41.14	350m:	4:11.39 32.26	
	100m:	1:03.16 33.58	200m:	2:15.94 36.30	300m:	3:39.13 42.05	400m:	4:41.93 30.54	
4.	Elgalal Sami		01	UKS SP 149 Łód				<b>4:44.53</b>	567
	50m:	29.80 29.80	150m:	1:41.54 36.65	250m:	2:57.89 40.68	350m:	4:12.34 33.53	
	100m:	1:04.89 35.09	200m:	2:17.21 35.67	300m:	3:38.81 40.92	400m:	4:44.53 32.19	
5.	Wilejto Igor		01	Dwójka Tczew				<b>4:46.53</b>	555
	50m:	30.92 30.92	150m:	1:43.35 37.35	250m:	3:00.59	350m:	4:15.39 32.75	
	100m:	1:06.00 35.08	200m:		300m:	3:42.64 42.05	400m:	4:46.53 31.14	
6.	Ruta Kamil		02	IUKS Muszelka Warszawa				<b>4:50.85</b>	530
	50m:	31.17 31.17	150m:	1:43.38 36.82	250m:	3:02.36 41.76	350m:	4:18.41 33.48	
	100m:	1:06.56 35.39	200m:	2:20.60 37.22	300m:	3:44.93 42.57	400m:	4:50.85 32.44	
7.	Krzywania Oskar		02	UKS SP 149 Łód				<b>4:53.80</b>	515
	50m:	32.31 32.31	150m:	1:46.18 37.89	250m:	3:05.31 42.05	350m:	4:21.31 33.35	
	100m:	1:08.29 35.98	200m:	2:23.26 37.08	300m:	3:47.96 42.65	400m:	4:53.80 32.49	
8.	Dołowy Grzegorz		02	IUKS Muszelka Warszawa				<b>4:56.49</b>	501
	50m:	31.39 31.39	150m:	1:44.52 38.15	250m:	3:06.49 44.86	350m:	4:24.16 33.56	
	100m:	1:06.37 34.98	200m:	2:21.63 37.11	300m:	3:50.60 44.11	400m:	4:56.49 32.33	
9.	Knyszy ski Maciej SŁ		02	MKS Jedyńka Łód				<b>4:56.84</b>	499
	50m:	31.07 31.07	150m:	1:46.74 40.39	250m:	3:07.55 41.20	350m:	4:23.83 34.43	
	100m:	1:06.35 35.28	200m:	2:26.35 39.61	300m:	3:49.40 41.85	400m:	4:56.84 33.01	
10.	Raczy ski Adrian		02	UKS JAGIELLONKA Warszawa				<b>4:58.46</b>	491
	50m:	31.45 31.45	150m:	1:46.10 38.10	250m:	3:07.00 44.10	350m:	4:25.71 34.69	
	100m:	1:08.00 36.55	200m:	2:22.90 36.80	300m:	3:51.02 44.02	400m:	4:58.46 32.75	
11.	Łukasik Mikołaj		02	UKS JAGIELLONKA Warszawa				<b>4:58.72</b>	489
	50m:	32.14 32.14	150m:	1:50.70 40.14	250m:	3:10.56 40.25	350m:	4:25.48 34.49	
	100m:	1:10.56 38.42	200m:	2:30.31 39.61	300m:	3:50.99 40.43	400m:	4:58.72 33.24	
12.	Woronko Krzysztof		02	MKS Medyk Gi ycko				<b>5:00.62</b>	480
	50m:	30.94 30.94	150m:	1:44.93 38.36	250m:	3:05.75 43.76	350m:	4:26.07 35.49	
	100m:	1:06.57 35.63	200m:	2:21.99 37.06	300m:	3:50.58 44.83	400m:	5:00.62 34.55	
13.	Wody ski Bartosz		02	TP Olimpijczyk Aleksandrów				<b>5:05.33</b>	458
	50m:	31.40 31.40	150m:	1:47.60 39.31	250m:	3:11.84 45.49	350m:	4:31.62 34.03	
	100m:	1:08.29 36.89	200m:	2:26.35 38.75	300m:	3:57.59 45.75	400m:	5:05.33 33.71	
14.	Roguski Mateusz		03	IUKS Muszelka Warszawa				<b>5:07.25</b>	450
	50m:	32.25 32.25	150m:	1:49.07 40.05	250m:	3:12.30 45.40	350m:	4:34.13 35.39	
	100m:	1:09.02 36.77	200m:	2:26.90 37.83	300m:	3:58.74 46.44	400m:	5:07.25 33.12	
15.	Lik Kacper SŁ		02	MKS Jedyńka Łód				<b>5:12.40</b>	428
	50m:	34.02 34.02	150m:	2:36.47 1:23.21	250m:	3:19.85	350m:	4:39.56 34.03	
	100m:	1:13.26 39.24	200m:		300m:	4:05.53 45.68	400m:	5:12.40 32.84	
16.	Oleski Tomasz		03	TP Olimpijczyk Aleksandrów				<b>5:24.53</b>	382
	50m:	34.24 34.24	150m:	1:56.40 41.25	250m:	3:24.61 46.65	350m:	4:49.39 37.31	
	100m:	1:15.15 40.91	200m:	2:37.96 41.56	300m:	4:12.08 47.47	400m:	5:24.53 35.14	
17.	Michalak Jan		03	UKS NAWA Skierniewice				<b>5:26.92</b>	373
	50m:	35.17 35.17	150m:	1:59.64 43.22	250m:	3:26.41 44.52	350m:	4:51.13 38.85	
	100m:	1:16.42 41.25	200m:	2:41.89 42.25	300m:	4:12.28 45.87	400m:	5:26.92 35.79	

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Rawa Mazowiecka, 4- - 5-2-2017

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Pozycja				Rok ur.					Czas	Pkt.	
18.	Zarzycki Maciej			02	UKS NAWA Skierniewice				<b>5:35.41</b>	<b>346</b>	
	50m:	37.19	37.19	150m:		250m:	3:34.24	42.06	350m:	4:57.77	39.61
	100m:			200m:	2:52.18	300m:	4:18.16	43.92	400m:	5:35.41	37.64
19.	Styczy ski Wojciech			02	UKS NAWA Skierniewice				<b>5:44.76</b>	<b>318</b>	
	50m:	36.16	36.16	150m:	2:05.34	250m:	3:35.23	46.78	350m:	5:06.01	43.13
	100m:	1:20.12	43.96	200m:	2:48.45	300m:	4:22.88	47.65	400m:	5:44.76	38.75
20.	Lewandowski Adrian			03	UKS SP 149 Łód				<b>5:50.65</b>	<b>302</b>	
	50m:	37.15	37.15	150m:	2:05.96	250m:	3:41.41	50.66	350m:	5:12.65	38.98
	100m:	1:19.76	42.61	200m:	2:50.75	300m:	4:33.67	52.26	400m:	5:50.65	38.00